



MARCH 2023

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READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 Let your child "read" you their favorite story.</p>	<p>2 Sing a fun song in the car, especially at long traffic stops.</p>	<p>3 Read stories about your child's favorite things - like trains or animals.</p>	<p>4 Color together.</p>
<p>5 Pretend play, based on a favorite story. This leads to language development.</p>	<p>6 Put together a puzzle with your child.</p>	<p>7 Put some cream into a small jar with a lid and take turns shaking it to make butter.</p>	<p>8 Choose a letter. Ask (and/or help) your child to find objects around the house that start with its sound.</p>	<p>9 Sing a special lullaby at naptime or bedtime.</p>	<p>10 As you read, point out colors/shapes/ letters in the illustrations and the text.</p>	<p>11 Squish up, roll out and cut up some play dough.</p>
<p>12 Practice walking backwards.</p>	<p>13 Walk around the house and ask your child to name all the green items they see.</p>	<p>14 Help your child draw a funny face on a plastic cup, fill it with dirt and plant some grass seed in it.</p>	<p>15 Take turns making animal sounds. Guess what the animal is!</p>	<p>16 Sing the numbers 1 through 8 up a scale and back again.</p>	<p>17 Let your child pick out their own books sometimes so they feel involved.</p>	<p>18 Draw a springtime flower.</p>
<p>19 Play peek-a-boo or hide-and-seek.</p>	<p>20 Take a walk around the block and count how many mailboxes you see.</p>	<p>21 Check out some seeds from the library and start them in an egg carton.</p>	<p>22 What rhymes with the word rain?</p>	<p>23 Make up a bathtub song and sing it together at bath time.</p>	<p>24 Point out print everywhere and encourage finding words and letters.</p>	<p>25 Draw some zigzag lines together</p>
<p>26 Jump the ABCs. It's a great way to reinforce all the letters.</p>	<p>27 Encourage pre-math skills by allowing your child to measure the ingredients when you cook.</p>	<p>28 Combine instant pudding mix and milk. Watch it change and enjoy!</p>	<p>29 Talk about opposites — like up and down, on and off.</p>	<p>30 Have a dance party to your favorite music! Dancing helps build rhythm and coordination.</p>	<p>31 Read a book about Spring!</p>	 <p>615-862-5750</p>